

## Look and Feel Clean, Sweet and Fresh Every Day

Drink a glass of real hot water  
before breakfast to wash  
out poisons.

Life is not merely to live, but to live well, eat well, digest well, work well, sleep well, look well. What a glorious condition to attain, and yet how very easy it is if one will only adopt the morning inside bath.

Folks who are accustomed to feel dull and heavy when they arise, splitting headache, stuffy from a cold, foul tongue, nasty breath, acid stomach, can, instead, feel as fresh as a daisy by opening the sluices of the system each morning and flushing out the whole of the internal poisonous stagnant matter.

Everyone, whether ailing, sick or well, should, each morning, before breakfast, drink a glass of real hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver, kidneys and bowels the previous day's indigestible waste, sour bile and poisonous toxins; thus cleansing, sweetening and purifying the entire alimentary tract before putting more food into the stomach. The action of hot water and limestone phosphate on an empty stomach is wonderfully invigorating. It cleans out all the sour fermentations, gases, waste and acidity and gives one a splendid appetite for breakfast. While you are enjoying your breakfast the water and phosphate is quietly extracting a large volume of water from the blood and getting ready for a thorough flushing of all the inside organs.

The millions of people who are bothered with constipation, bilious spells, stomach trouble, rheumatism; others who have sallow skins, blood disorders and sickly complexions are urged to get a quarter pound of limestone phosphate from any store that handles drugs which will cost very little, but is sufficient to make anyone a pronounced crank on the subject of internal sanitation.—Adv.

**His Liberality.**  
"I'm! This is the tenth time you have been before me," sternly said Squire Peavy.

"Yassah!" replied Brother Ramdiddy. "Tis if yo' say so, sah, but I was under de 'pression 'twuz de 'tenth. I don't puhsom to say one thing when a smart white man tells me diffunt. But let it go, anyhow, sah; I means to give good measure. Allus was plumb lib'ral dat-uh-way."—Judge.

## SYRUP OF FIGS FOR A CHILD'S BOWELS

It is cruel to force nauseating,  
harsh physic into a  
sick child.

Look back at your childhood days. Remember the "dose" mother insisted on—castor oil, calomel, cathartics. How you hated them, how you fought against taking them.

With our children it's different. Mothers who cling to the old form of physic simply don't realize what they do. The children's revolt is well-founded. Their tender little "insides" are injured by them.

If your child's stomach, liver and bowels need cleansing, give only delicious "California Syrup of Figs." Its action is positive, but gentle. Millions of mothers keep this harmless "fruit laxative" handy; they know children love to take it; that it never fails to clean the liver and bowels and sweeten the stomach, and that a teaspoonful given today saves a sick child tomorrow.

Ask at the store for a 50-cent bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly on each bottle. Adv.

Better think three times before extracting a dollar from your pocket to invest in a get-rich-quick proposition.

### ITCHING, BURNING SCALPS

Crusted With Dandruff Yield Readily  
to Cuticura. Trial Free.

Cuticura Soap to cleanse the scalp of dandruff crustings and scallings, and Cuticura Ointment to soothe and heal itchings and irritations. Nothing better, surer or more economical than these super-creamy emollients for hair and scalp troubles of young or old.

Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

A girl never looks older than she is unless she has her hair in curl papers.

## SMILES



### COMIC POSSIBILITIES.

"Suppose a moving picture magnate were to offer you \$1,000 a week to act in the movies?" asked the idle questioner.

"Hum!" replied the practical person. "I would be able to draw only one conclusion and that would not be an agreeable one."

"Yes?"

"As I have no histrionic ability, I would naturally suppose that my services were desired because I had a funny way of walking or the kind of face that makes people laugh."

### Shut Out.

"Phew!" exclaimed Mr. Dubwaite. "I see where another corporation has cut a large melon."

"Were they entertaining their employees, dear?" asked Mrs. Dubwaite, to whom a melon by the river's brink is a melon, nothing more.

"No," replied Mr. Dubwaite. "A melon of that sort is usually cut on the polished mahogany table of a directors' room and the average employee never gets within a mile of it."

### Her Idea.

"I think I'd like to join the Girl Scouts. They must have lots of fun. Learn all about woodcraft, I understand."

"And what is your idea of woodcraft?"

"Oh, getting practice in toasting marshmallows over a camp fire and learning how to gather chewing gum from the original tree."

### BANG! WENT \$300.



"How long were you in San Francisco?"

"Two days and a half."

"Why, I thought you intended to stay a week or two."

"Yes, but I had only \$300."

### More Practice.

He learned new dances each in turn. He did them all without a balm. He danced till now he has to learn to do an ordinary walk.

### Unquestioning Support.

"Hiram," said Mrs. Corntassel, "how do you stand on the question of votes for women? I've decided I'm in favor of it."

"Well," replied her husband, "bein' as how I'm tired an' hungry an' you have exclusive control of the meat an' potatoes, not to mention the coffee an' pie, I'm willin' to eat the argument short an' tell you that anything you say goes with me."

### His Experience.

Grim—Do you believe it is possible to heal merely by the touch?

Groome—Sure thing. A physician recently "healed" himself by touching me for forty dollars.

### Cornered.

He—You women have no right to the ballot for the simple reason that in case of war you would not be able to fight.

She—Then why do you allow a man who is crippled to vote?

He—Whyer—say, if it isn't just like a woman to ask some such foolish question as that.—Boston Transcript.

**No Way to Entertain a Traveling Man.**  
"You can always trust well-meaning persons to do the wrong thing," said the traveling man.

"What are you thinking of now?" asked the second drummer.

"I called on some dear old friends of mine in this town the other day and they insisted on taking me down to the best hotel for dinner."

### Logical.

Kind Old Lady—I'm sure you won't mind my asking you, but are you a relative of Captain Jones of Mudford?

The Officer—Madame, I am Captain Jones of Mudford.

Kind Old Lady—Ah, then that accounts for the extraordinary resemblance!—London Opinion.

### NOT HIS FAULT.



Employer—Here, you! I thought you said you'd rise with the lark?

Employee—That was my intention, but I couldn't find any larks.

### Cheap Liberality.

Unto his friends both far and near, Without one thought of price, The average man will freely give His opinions and advice.

### A Last Resort.

"You seem a man of literary taste."

"Well, I've read a few books."

"Now, I don't like poetry and don't care much for fiction, while history and philosophy nearly always put me to sleep. What would you advise me to read?"

"Umph! You might tackle a time table."

### The Reason.

"Professor Diggs was late in his classroom this morning. He must have worked harder than usual last night."

"By putting two and two together, I arrive at a conclusion."

"Well?"

"Mrs. Diggs is going to read a thoughtful paper before a woman's club this afternoon."

### Old Mr. Polonius.

"Listen to me now, Laertes."

"What is it, dad?"

"If you spend too much time building castles in the air, you'll have to pay rent to other people."

### As Explained.

Stringem—I know a man who never has cold feet in winter.

Bingham—Indeed! What does he wear?

Stringem—Wooden legs.

### The Main Thing.

He—I tell you, my dear, this is a day long to be remembered for the tremendous issues involved.

She—Yes, dear, but how could you guess baby had cut a tooth?

### Mental Effort.

"Do you use slang?"

"No, I've quit. I'm speaking plain English. To have your slang correct and up to date requires altogether too much study."

### Paradoxical.

"There's no royal road to riches."

"No. Every fellow who wants to travel the straight path is obliged to make long, hard detours through the mud at times."

### Perfectly Proper One.

"My dear, the English lady who is visiting Mrs. De Poyster had a beautiful bun today when I called."

"Then don't you have anything more to do with her?"

### TRADE INDICATIONS.



Customer—How's the business?

Merchant—It's variable. Over there in the mattress section it's so quiet you can hear the bed ticking, but here in the towels we're so busy you can't hear the crash.

## SUDDEN DEATH

Caused by Disease of the Kidneys

The close connection which exists between the heart and the kidneys is well known nowadays. As soon as kidneys are diseased, arterial tension is increased and the heart functions are attacked. When the kidneys no longer pour forth waste, uramic poisoning occurs, and the person dies and the cause is often given as heart disease, or disease of brain or lungs.

It is a good insurance against such a risk to send 10 cents for a large trial package of "Anuric"—the latest discovery of Dr. Pierce. Also send a sample of your water. This will be examined without charge by expert chemists at Dr. Pierce's Invalids' Hotel, Buffalo, N. Y. When you suffer from backache, frequent or scanty urine, rheumatic pains here or there, or that constant tired, worn-out feeling, it's time to write Dr. Pierce, describe your symptoms and get his

medical opinion, without charge—absolutely free. This "Anuric" of Dr. Pierce's is 37 times more active than lithia, for it dissolves uric acid in the system, as hot water does sugar.

Simply ask for Dr. Pierce's Anuric Tablets. There can be no imitation. Every package of "Anuric" is sure to be Dr. Pierce's. You will find the signature on the package just as you do on Dr. Pierce's Favorite Prescription, the ever-famous friend to ailing women.

Worry is a frequent cause and sometimes a symptom of kidney disease. Thousands have testified to immediate relief from these symptoms after using Dr. Pierce's Anuric Tablets for the kidneys and backache.

Dr. Pierce's Favorite Prescription makes weak women strong, sick women well. No alcohol. Sold in tablets or liquid.



## Puts a ... Stop to all Distemper

CURES THE SICK

And prevents others having the disease no matter how exposed. 50 cents and \$1 a bottle, 65 and \$10 a dozen bottles. All good druggists and turf goods houses.

SPOHN MEDICAL CO.,

Chemists and Bacteriologists, Coshen, Ind., U. S. A.

### All On.

"How did the bowling contest come out last night?"

"Nobody had any spare change for the pinboys, so they went on a strike."

### Important to Mothers.

Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it

Bears the Signature of *Wm. H. Fitcher*

In Use for Over 30 Years.

Children Cry for Fitcher's Castoria

### That's the Way, Girls.

The Chicago Post reports that the first Chicago girl to take advantage of her leap-year privileges landed her man and married him within an hour. That's the stuff. Look him over, girls, and be sure he is worth the powder and shot it would take to kill him, and then use the hooks. He can't get away.—Houston Post.

### Tit for Tat.

An old carrier of the United States mail traveled on his buckboard about a dozen miles through the woods twice a week. He was an ill-humored, taciturn old fellow. One day a man who was on a walking vacation trip asked if he might have a ride with him, and being somewhat talkative, asked many questions along the way. At last the old man said: "I'm tired of your talk. I wish you'd mind your own business and let me mind mine."

The passenger subsided.

After driving an hour or two in silence the old carrier discovered that his mail pouch was missing. He stopped the horses, looked all about the buckboard, and finally said to his passenger:

"I wonder what has become of that mail pouch! Have you seen it?"

"Yes."

"Well, where is it?" speaking roughly.

"It fell off the wagon about an hour ago," slowly replied the passenger; "but it wasn't any of my business."

### COFFEE WAS IT.

People Slowly Learn the Facts.

"All my life I have been a slave to coffee. I kept gradually losing my health, but I used to say 'nonsense, it don't hurt me.'"

"Slowly I was forced to admit the truth and the final result was that my nervous force was shattered."

"My heart became weak and uncertain in its action and that frightened me. Then my physician told me that I must stop drinking coffee or I could never expect to be well again."

"I thought of Postum but could hardly bring myself to give up the coffee."

"Finally I concluded that I owed it to myself to give Postum a trial. I got a package and carefully followed the directions, and what a delicious, nourishing, rich drink it was! Do you know, I found it very easy to shift from coffee to Postum."

"Almost immediately after I made the change I found myself better, and as the days went by I kept on improving. My nerves grew steady, I slept well and felt strong and well-balanced. Now the old nervousness is gone and I am well once more."

It pays to give up the drink that acts on some like a poison, for health is the greatest fortune one can have. Name given by Postum Co., Battle Creek, Mich.

Postum comes in two forms:

Postum Cereal—the original form—must be well boiled. 15c and 25c packages.

Instant Postum—a soluble powder—dissolves quickly in a cup of hot water, and, with cream and sugar, makes a delicious beverage instantly. 30c and 60c tins.

Both kinds are equally delicious and cost about the same per cup.

"There's a Reason" for Postum.

—sold by Grocers.

### Merely Preliminary.

Bronson—I foolishly promised my wife a new silk gown this fall, and it's cost me nearly ten dollars already.

Woodson—For material?

Bronson—Oh, no! That's what she's spent in carfare looking up samples.

## FALLING HAIR MEANS DANDRUFF IS ACTIVE

Save Your Hair! Get a 25 Cent Bottle  
of Danderine Right Now—Also  
Stops Itching Scalp.

Thin, brittle, colorless and scraggy hair is mute evidence of a neglected scalp; of dandruff—that awful scurf.

There is nothing so destructive to the hair as dandruff. It robs the hair of its luster, its strength and its very life; eventually producing a feverishness and itching of the scalp, which if not remedied causes the hair roots to shrink, loosen and die—then the hair falls out fast. A little Danderine tonight—now—any time—will surely save your hair.

Get a 25 cent bottle of Knowlton's Danderine from any store, and after the first application your hair will take on that life, luster and luxuriance which is so beautiful. It will become wavy and fluffy and have the appearance of abundance; an incomparable gloss and softness, but what will please you most will be after just a few weeks' use, when you will actually see a lot of fine, downy hair—new hair—growing all over the scalp. Adv.

### Heeded the Sign.

Near Springfield, Mass., there is a big parklike estate owned by a man who has a strong detestation of trespassers. To prevent the violation of his privacy, he posted all manner of warning signs on his place.

One evening he encountered a strange couple taking a "lovers' walk" on his property.

"Can't you read?" growled the owner, as he pointed to a sign.

"We can read, all right," said the woman.

"That sign there?" demanded the man with another growl.

"We have read it," returned the other. "It says 'Private,' and that's just why we came down here."—Everybody's Magazine.

A diet of oranges will clear muddy complexions and reduce superabundant curves.

## The Army of Constipation

Is Growing Smaller Every Day.

CARTER'S LITTLE LIVER PILLS

are responsible—they not only give relief

—they permanently cure Constipation, Biliousness, Sick Headache, Sallow Skin.

SMALL PILL, SMALL DOSE, SMALL PRICE.

Genuine must bear Signature

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